

What You Need:

☒ Other Things

- ☐ Keys to House, Car and Safety Deposit Boxes
- ☐ Medications for You and Your Children
- ☐ Small Objects to Sell
- ☐ Jewelry
- ☐ Address Book
- ☐ Phone Card
- ☐ Pictures of You, Children and Your Abuser
- ☐ Children's Small Toys
- ☐ Toiletries/Diapers
- ☐ Clothing

☒ To Do

1. Open a savings account in your own name. Get your own post office box so that you can receive mail and checks.
2. Plan who to stay with or who would be able to lend you money during a crisis.
3. Contact the hotline or any shelter for help in safety planning and keep the hotline number with you at all times.

When Preparing to Leave

Provided by:



and Community Partners:

Arizona Department of Economic Security
Association of Arizona Food Banks
Arizona Ecumenical Council
Maricopa County Task Force Against Domestic Abuse
Governor's Office of Domestic Violence Prevention
Area Agency on Aging, Region One
Maricopa County, City of Phoenix
Arizona Coalition Against Domestic Violence
Valley of the Sun United Way, American Express

Local Shelters and Support:

Autumn House, Chrysalis, DeColores, Faith House,
My Sister's Place, New Life Shelter, Sojourner Center

Legal Advocacy Hotline 279-2900
Older Adults: 264-HELP (4357)

IN AN EMERGENCY - CALL 911 IMMEDIATELY
Go to an emergency room if you need medical help.
Take pictures of bruises and injuries.

Feel free to copy and distribute as needed.

KEEP THIS CARD WITH YOU

24-Hour Hotlines

For Local Shelter Call:
263-8900 or 1-800-799-7739
National Hotline: 1-800-799-SAFE (7233)

If you are in immediate danger call 911

Domestic Violence Safety Plan

Do
You
Feel
Safe
at home?



You can.

For Local Shelter Call:
263-8900 or 1-800-799-7739
National Hotline: 1-800-799-SAFE (7233)



Safety at Home When Abuser is There

- Stay out of rooms with no exit
- Avoid rooms that may have weapons
- Select a code word that alerts friends and children to call police
- Leave suitcase and checklist items with a friend

When Abuser has Moved Out

- Obtain an Order of Protection
- Change locks on doors and windows
- Insert a peephole in the door
- Change telephone number, screen calls and block caller ID
- Install/increase outside lighting
- Consider getting a dog
- Inform landlord or neighbor of situation and ask that police be called if abuser is seen around the house

Safety at Work What to Do

- Tell your employer
- Give security a photo of abuser and Order of Protection
- Screen your calls
- Have an escort to your car or bus
- Vary your route home
- Consider a cell phone for your car
- Carry a noisemaker or personal alarm

Protecting Your Children

- Plan and rehearse an escape route with your children
- If it is safe, teach them a code word to call 911, and how to use a public telephone
- Let school personnel know to whom children can be released
- Give school personnel a photo of abuser
- Warn school personnel not to divulge your address and phone number

Getting an Order of Protection

- Call 506-SELF (7353) to learn about an Order of Protection and Injunction Against Harassment.
- Call the Police to get an immediate Order of Protection.
- Keep your order with you at ALL times, and give copies to family, friends, schools, employers and babysitters.

KEEP THIS CARD WITH YOU

Quick List

- ☐ Identification: Driver's license, birth certificates
- ☐ Money: ATM card, credit cards, checkbooks
- ☐ Legal Papers: Protective order, medical records
- ☐ Important Personal Items: Keys, medicine

Getting Out Now

What You Need:



Identification

- ☐ Driver's License
- ☐ Children's Birth Certificates
- ☐ Your Birth Certificate
- ☐ Social Security Card
- ☐ Welfare Identification
- ☐ Medical Insurance Cards



Money

- ☐ Money and/or Credit Cards
- ☐ ATM Card
- ☐ Savings Books
- ☐ Checkbook



Legal Documents

- ☐ Lease, Rental Agreement, or Deed to House/Properties
- ☐ Car Registration & Insurance Papers
- ☐ Health and Life Insurance Papers
- ☐ Medical Records for You and Your Children
- ☐ School and Shot Records
- ☐ Work Permits/Green Card or Visa
- ☐ Passport
- ☐ Divorce Papers
- ☐ Custody Papers

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